The Discipline Gap – Why Most Men Stay Average and How to Close It

By Jon/Iron Resilience

Most men do not lose by choice. As men we are naturally competitive, and at war with ourselves and each other. That is our natural state. What is an archetype of someone ultra masculine? Someone who is highly aggressive with a high sex drive. Most men lose because in modern society we get too many opportunities to negotiate with comfort. They hit snooze on the alarm clock, they skip workouts, they "start Monday", and basically they chose the easy way out 99.999999999% of the time…

What Is The Discipline Gap?

The discipline gap is that disconnect from what you know you should be doing, and what you are actually doing. We all know what time we should go to bed, what foods we should and shouldn't eat, to moderate or indulge occasionally with alcohol not every weekend, and about a million other "ought to"s. This gap is what shows up in small daily choices we make. Skip the early rep. Skip studying for that extra hour. Take a rest who cares about results today we will get them tomorrow. But results tomorrow are only guaranteed if you work today…

How To Close It

We can choose to close it by doing what we ought to be doing, not what we want to be doing. First of all when you wake up in the morning: make your bed. And after your bed is made do 50-100 reps of crunches, push ups and/or squats. You already have started with momentum at that point.

Starting your morning off right. If you are overweight, or obese then just have black coffee to start your day. If you are underweight then eat your regular breakfast and include a shake with 1 cup of egg whites, 1 cup of whole milk, and 2 scoops of whey.

The point of any of this is to begin daily doing things you don't want to do. Sticking with this over time builds habits. Habits result from consistently doing the same things day in and day out. They compound over time as well: with interest.

Nutritional discipline is paramount to having a good physique and good health. Keep fats moderate, or low. Go with the low fat or lower fat options wherever possible. Likewise keep carbs moderate to high, and always go for healthy sources of carbs, not ones built around processed sugar or syrups. For example, Pepsi has plenty of carbs, but the carbs in a slice of whole wheat bread will do you better. Or the carbs in a banana instead. Protein should always be on the higher end, and match what you weigh in grams. So for example, a 200 lbs person will eat 200 grams of protein. With an

overweight, or obese person you have to use the lean mass. So someone who is 300 lbs and 30 percent bodyfat will only need 200-210 grams of protein.

Training discipline means you do the proper form with proper intensity for the proper number of reps for however many sets you need to be done. Once muscular failure is reached and you cannot do one more rep then your job is done. You go back in the gym the next 24-48 hours and train harder (heavier and more reps/sets) than last time. Not every session will be a baller session of course. However, train with purpose and intensity. Don't leave 3 reps in the tank. Leave 2 or less.

Build your non negotiable terms with yourself:

- Set a time for training and train.
- Set a time for waking up and going to bed. Follow it.
- Limit social media, sugar and saturated fats.
- Train harder than last time and train with intensity everytime.

Start tracking your calories, and training. Notebook or on your phone. What gets measured will also get improved. Likewise track your weight, and tape measurements. Photograph your progress. Prep meals to remove decision fatigue, and stop "snacking" aka grazing. Plan your day, and plan your week. Embrace repetition. Mastery means total mastery of the basics and nothing more.

Summary

To close the gap you must start doing things you either didn't want to do before, were too lazy to do before, or didn't make time for. Over months and years these habits will build a physique befitting a Greek god. It becomes obvious who closed it, and who's life was closed because of it. Train the body and mind. Live with intention and purpose.